

Red Earth *Kabini*

WELLNESS RETREATS

NAGARHOLE · KARNATAKA

Restore. *Breathe.* Return.

Where the rhythms of the Kabini backwaters slow you down, and ancient healing traditions bring you home to yourself.

THE PHILOSOPHY

Healing is not a luxury. *It is a return.*

At Red Earth Kabini, true restoration happens when the body, mind, and surroundings are in conversation. Our retreats are designed not as add-ons, but as complete experiences — where Ayurvedic wisdom, the guidance of skilled practitioners, and the stillness of the forest work together.

CHOOSE YOUR RETREAT

Two durations. *One intention.*

Both packages are built for two, on double occupancy, with every detail taken care of.

2 NIGHTS · 3 DAYS
A moment to begin again

3 NIGHTS · 4 DAYS
Space for real restoration

2 NIGHTS · 3 DAYS

A moment to
begin again.

₹60,000 for two

+ 18% GST (₹10,800) · Total ₹70,800

PACKAGE INCLUSIONS

- Luxury cottage, double occupancy
- All meals — a curated Ayurvedic menu
- Consultation with visiting Ayurvedic doctor
- Daily sessions with in-house yoga therapist
- Guided meditation, daily
- 2 Ayurvedic massages per person
- Nature walks & evening tea

RECOMMENDED

3 NIGHTS · 4 DAYS

Space for real restoration.

₹85,000 for two

+ 18% GST (₹15,300) · Total ₹1,00,300

PACKAGE INCLUSIONS

- Luxury cottage, double occupancy
- All meals — a curated Ayurvedic menu
- Consultation with visiting Ayurvedic doctor
- Daily sessions with in-house yoga therapist
- Guided meditation, daily
- 3 Ayurvedic massages per person
- Nature walks & evening tea

WHAT AWAITS YOU

Every day, a different kind of *quiet*.

01 Yoga

Morning practice led by our in-house therapist, adapted to your body each day.

02 Ayurveda

A one-on-one consultation guides your treatments and your diet.

03 Massage

Traditional Ayurvedic massage daily, to release tension and restore.

04 Meditation

Guided sessions using breath, sound, and the stillness of the forest.

05 Food

Seasonal, local meals curated to support your dosha and your energy.

06 Nature

Walks along the backwaters and the unhurried company of the wild.

IN TRUSTED HANDS

Your *practitioners*

YOGA & MEDITATION

In-House Yoga Therapist

A therapeutic approach that works with breath, alignment, and the nervous system. Sessions are tailored daily to each guest.

ON PROPERTY · DAILY SESSIONS

AYURVEDA

Visiting Ayurvedic Doctor

A qualified physician conducts a personal consultation, guides your treatment protocol, and recommends a diet aligned with your prakriti.

VISITING · BY ARRANGEMENT

BEGIN YOUR RETREAT

Ready when *you are.*

Retreats are available on request, subject to availability. We recommend booking 2–3 weeks in advance so we can arrange your visiting practitioner and personalise your experience.

WRITE TO US

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CALL OR WHATSAPP

+91 87227 45555

LOCATION

Kabini, Nagarhole